



**The Shyness and Social Anxiety Workbook for  
Teens: CBT and ACT Skills to Help You Build  
Social Confidence (Instant Help Book for Teens)  
[Paperback] [2012] (Author) Jennifer Shannon  
LMFT, Doug Shannon, Christine Padesky**

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"The Shyness and Social Anxiety Workbook for Teens" offers worksheets and comic-style illustrated scenarios that help teen readers identify their values and practice evidence-based skills from cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for overcoming shyness and social anxiety.

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